

THE JJC CONNECTOR

The Clark County Juvenile Justice Center Newsletter – Fall 2011, Volume 2, Issue 4

In this issue:

1	<i>Pat Escamilla Selected to Head WAJCA</i>
2	<i>Connections Marks 10 Year Anniversary</i>
3	<i>New Care Coordinator</i>
4	<i>Social Work Interns</i>
5	<i>JJC Staff Changes</i>
6	<i>Helpful Websites: SAMHSA</i>

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Connections Celebrates Its 10th Anniversary

Pat Escamilla Selected as President of Washington Juvenile Court Administrators



Pat Escamilla, Clark County Juvenile Court Administrator, was selected by Juvenile Court Administrators throughout the state to serve as president of the Washington State Juvenile Court Administrators Association (WAJCA) during the group's annual conference in Chelan in September. His term begins immediately. He will serve as president-elect for the

first year, take over for President Bonnie Bush of Spokane County in September 2012, and serve as Past President for the remaining year of his 3-year term.

As president of the association, Pat will work with the Superior Court Judges' Association and will represent all 33 juvenile courts in Washington state on a wide range of topics.

"I am proud to represent the juvenile courts' interest in improving services statewide for children and families," Pat said.

Pat has worked for Clark County Juvenile Court since 1982 and was named administrator in 2008. We are very proud of his achievement.

For more information on Clark County Juvenile Court, go to www.clark.wa.gov/juvenile.

For more information on the administrators' organization, go to www.wajca.org.



Back row, L to R: Deja Hubbard, Dawn Young, Pat Lindemaier, Christine Krause, Janet Bentley-Jones, D'Alene White, Rick Mason, Nick Potter, Michelle Karnath. Front Row, L to R: Terri Chapman, Alan del Mundo, Michelle Mayhugh, Laura Beecher, Carol Murch, Shirley Shen, Nicole Steinman, Liz Grier, and Dianne Montalvo.

Connections Celebrates 10th Anniversary (continued)

On October 1st Connections celebrated its 10th anniversary. We are very proud of the work that has been done during the past decade.

Connections is a specialized program in the Clark County Juvenile Justice Center (JJC) that serves probationers who have mental health diagnoses. It's the only program in the nation that hired in-house mental health staff within a juvenile justice system. Other programs contract out for mental health staff. Former Court Administrator, Ernie Veach-White, and former Program Manager, Rita Gaylor, who spearheaded the program, decided it would be more effective to hire their own mental health staff.

History

Ernie Veach-White and Rita Gaylor started their careers at the Clark County Juvenile Justice (JJC) in 1979. Ernie said our department already had a reputation built around good offender-based programs. JJC developed genuine collaboration with other organizations that work with youth: schools, the Division of Children and Family Services, local mental health agencies, drug & alcohol treatment centers, etc.

We used to categorize youth offenders as:

- minor/first offenders
- moderate risk
- high risk offenders.

In the course of working with the youth, it became clear that some of the seemingly low risk offenders actually had some serious problems.

"We were very concerned, and continue to be concerned, about these youngsters," Veach-White



Ernie Veach-White

said. "We were ill-equipped to deal with them in detention. It was hard on the kids, hard on the families, and hard on the staff. Everyone was frustrated and wanted things to change and there wasn't the funding to do it." The state didn't provide funds for specialized programs for low risk youth.

Over time, the department realized that things weren't going to get better for these kids until things got worse. In other words, they'd have to commit more serious crimes before they could get the help they needed. We wanted to intervene more intensively *before* the youths' criminal behavior escalated.

The Special Intervention Program (SIP) started in 1991. [See <https://www.ncjrs.gov/App/publications/Abstract.aspx?id=136979>] Ernie was the Program Manager and Rita was the Supervisor. SIP was designed for minor first offenders who were identified as being at risk to reoffend using a standard risk assessment tool.

"These youth were younger offenders with limited criminal history that exhibited many issues that were problematic in the community," Gaylor explained. "These included... school issues, family conflict, running away from home, use of substances, aggressiveness. The intent of SIP

was to provide services that would address these behavior issues and deter youth from further criminal behavior."



Rita Gaylor and Pat Escamilla

SIP was the first program that operated from a team approach, Gaylor said. It was in SIP that the Probation Associate position was created. The Probation Associate served as a mentor for the youth. Probation Counselors and Probation Associates worked closely with the youth, families, victims, schools and agencies that worked with youth.

Later the statewide Early Intervention Program (EIP) was created. SIP and an early intervention program in Pierce County were the models for EIP, Gaylor explained. EIP was funded by a three year grant. The state wasn't satisfied with the outcomes of EIP, so the program ended.

"We *were* pleased with the results, however," Veach-White said. "We were committed to maintaining a restorative way of working with youth even without state support."

In 1994 Veach-White was appointed Clark County's Juvenile Court Administrator. He continued to look for ways to work with the youth who needed more intensive services. "We had a lot of anecdotal information about them," he explained, "but we needed to come up with some hard facts to substantiate our claims. So we did some research and found that 20% of the

kids used 60% of detention time. These were kids with serious behavioral and substance abuse issues. Some of them experienced abuse and neglect at home. Some had parents in jail. These were not just a bunch of bad kids,” he insisted. “They were kids with experiences in their background that impacted their ability to function successfully. We asked ourselves, ‘What do we need to do differently?’ ”

County Commissioner Betty Sue Morris was instrumental in moving this as yet unnamed project forward. SIP had already been in place when the county passed a 0.1% sales tax, which was allocated solely to law and justice. Commissioner Morris encouraged the rest of the Board of County Commissioners to allocate 10% of the money from that tax to the juvenile justice system.

At the time, Washington state’s Juvenile Court Administrators were researching risk assessment tools to determine which would be the most effective to assess a youth’s risk to reoffend. Once an assessment tool was selected, all juvenile courts in Washington State implemented it. It is still being used to determine a youth’s risk to reoffend and the most appropriate interventions to use with at-risk youth.

“Because all probationers were being assessed for risk to reoffend and were being placed in appropriate interventions,” Gaylor said, “it was time to reevaluate the need for SIP and to determine if there was another population in the community who were not responding well to community supervision and other services. SIP evolved into Connections.

“In 1998, the County received a Federal grant [from] the Children’s System of Care (SOC), to identify and address mental health services

and gaps in service delivery,” Gaylor explained. “One area of concern was to identify behaviors of children who were not responding to services in the juvenile justice and mental health systems.”

“When we know ourselves to be connected to all others, acting compassionately is simply the natural thing to do.”
~ Rachel Naomi Remen ~

“In the spring of 2000, the Clark County Juvenile Department staff conducted a survey to document the risk factors of youth served by the juvenile system in Clark County. Of primary concern were youth that were high users of detention, had behavioral issues, and/or had co-occurring substance abuse disorders. Data was gathered on all youth on community supervision... served by the department in 1999. Of the 891 youth surveyed, 58% had drug/alcohol issues and 46% had behavioral health issues. Of the top 50 users of detention, 91% had drug and/or alcohol issues and 88% behavioral health issues; many youth had co-occurring disorders.” (Building on Family Strengths Conference, 2002) www.rtc.pdx.edu/PDF/cp0205.pdf

“We were able to combine money that had been allocated for SIP along with the new tax revenue and funding from the Federal Mental Health initiative to create a whole new program,” Veach-White explained.

Rita Gaylor was chosen to manage Connections. In fact Rita was the person who came up with the name for the program.

The Probation Counselors and Associates were already in place because of SIP. With the creation of Connections, two new mental health positions were added. The

Care Coordinators were masters level mental health professionals with experience working with youth and families in the mental health field. The Family Specialists were parents who had raised kids with mental health disorders, who were able to draw from their personal experiences to support parents of kids who were currently involved in the juvenile system.

The addition of these two positions offered both opportunities and challenges. “They offered the opportunity to focus on more than just the juvenile offenders,” Gaylor said, “to focus in meaningful ways on the people who were important in the kids’ lives.” Parents and other family members, teachers, neighbors, coaches, pastors, etc. (the *natural supports*, in wrap-around terms) are an integral part of the wraparound process. They are the people who will still be in the youth’s life after all the professionals are no longer involved.

One of the challenges of adding the mental health positions was that it brought different perspectives to the table, which made the Probation Counselors’ job much more complicated. Probation Counselors were used to having a lot of authority over the youth. All of a sudden they had to take into account a complex array of extenuating circumstances that influenced the youth’s behavior. How did the youth’s mental health diagnosis influence his/her behavior? How did pressures in the family contribute to the situation? Clearly the youth still had to be held accountable, but the decision-making process was no longer as cut and dry as it had been in the past.

Connections staff receive annual training in the wraparound process and other topics related to working with youth and families. We were

trained by Pat Miles, a nationally recognized expert on wraparound, John Franz, an expert in juvenile justice, and others.

Connections was evaluated by a team of researchers from The Regional Research Institute for Human Services at Portland State University and was found to have met the goal of reducing recidivism among participating youth.

Over the years Connections:

- was recognized as a promising program by the *Office of Juvenile Justice and Prevention*
- was nominated for the Thomas M. Wenert Award in 2004
- was featured in *Focal Point: A National Bulletin on Family Support and Children's Mental Health* in May 2004 (page 19-32) www.pathwaysrtc.pdx.edu/pdf/fpS04.pdf.
- won a Community Inspiration award from the Clark County Youth House Visionary Team in 2006.

Connections staff presented at various conferences around the country:

- the System of Care National Conference in Washington, D.C., in 2002.
- the Building Family Strengths conference, sponsored by Portland State University Research in 2002 and 2006;
- the Training Institute Children's System of Care in San Francisco in 2005, and
- the Youth in Recovery conference in Yakima in 2006.

Of the 16 original Connections staff only seven remain. Terri Chapman, Rick Mason, Dawn Young and Michelle Karnath comprise the only team that has remained intact since the beginning. Though we've seen people come and go, the fidelity of the

wraparound model is still strong, thanks to the skillful supervision of Rita Gaylor and the managers who followed her.

Family voice has always been an important part of the wraparound model. At one time Connections developed a Family Advisory Board. Parents and youth on probation advised us on how best to meet the needs of youth and families. This newsletter is one of the results of their input.

"Connections remains a viable community resource and is now totally funded by the county," Gaylor said. "The Superior Court Judges and County Commissions have always supported Connections."

Rita retired in 2009, but returned for another 10 months when her successor, Pat Escamilla, was chosen as JJC administrator, when Ernie Veach-White retired.

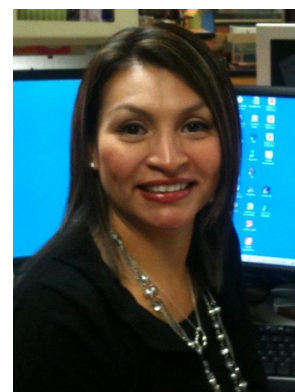
"I will always have a special place in my heart for Connections youth and their families, the dedicated staff who provide quality services in partnership with youth and families, and to all community members who support the work done at the juvenile court," Rita concluded. And we will always have a special place in our hearts for Rita and Ernie, whose extraordinary vision and persistence made Connections possible.



Eric Gilman,
current Connections manager

Eric Gilman, the current Connections Manager, joined the

unit in 2010. He has worked at Clark County Juvenile Court since 2000. "It is both a privilege and pleasure to join such a dedicated and skilled unit," Gilman said. "With the current budget climate the Connections program faces real challenges in maintaining the level and quality of service of the past ten years. But the knowledge and commitment of the Connections staff have enabled us to make staffing adjustments and re-evaluate our practices in order to sustain this unit's excellent services."



Patty Koitzsch,
Connections Legal Secretary

Patty Koitzsch is the legal secretary for the Connections unit. She's responsible for all of the files of Connections youth from the time of intake until they are off probation. That involves putting the files together, entering the data into the computer, preparing the files for court proceedings, filing warrants when necessary, and closing the files out when the youth are off probation.

In addition to all of that, Patty serves on the Social Committee, which raises funds for flowers to be sent to staff when they experience a family emergency, for retirement celebrations and special events, like the GED luncheons to celebrate the students who get their GEDs, the Thanksgiving baskets and holiday gift cards for families in need.

Patty is always generous with her time and her support. Without her, Connections wouldn't function as well as it does.

New Connections Care Coordinator



The newest member of the Connections unit is Liz Grier, who joined us on August 8, 2011. She's the Care Coordinator on the team with Dianne Montalvo, Michelle Mayhugh and Janet Bentley-Jones.

Liz has a passion for working with adolescents, particularly at risk youth. After earning her Bachelor degree in Sociology, she began her career with youth at Rosemont Treatment Center and School in Portland, where she worked for two years. Through her experience with the girls at Rosemont she saw the impact addiction had on the girls' lives. This led her to earn her certification for alcohol and drug counseling (CADCI) in Oregon.

Liz is quite familiar with Connections. She worked as a Drug and Alcohol counselor in the adolescent treatment program at Recovery Northwest (which changed its name to Community Services Northwest Drug Treatment Program while Liz was there). During her 5 years at RNW/CSNW, she worked with approximately 40 youth from the Connections program. She participated in wraparounds frequently and kept in close contact with Connections staff to collaborate in serving the youth we shared.

During that time Liz was

working on her Master of Social Work (MSW) degree at Portland State University in the Direct Human Services track. She's a strong believer in working with co-occurring (addictions and mental health) disorders. She wanted to get her MSW degree so she could treat both. A lot of the clients' substance abuse stems from their mental health issues or family trauma, and those conditions in turn exacerbate their use. Liz did her internships at the Crisis Unit at Lower Columbia Mental Health in Longview and at Mental Health Northwest and the Wellness Project. She graduated in 2010.

She worked at New Avenues for Youth in Portland, which serves homeless youth, for a year and a half. Next she worked at Lower Columbia Mental Health in Longview, which contracts with the Cowlitz County Juvenile Justice program to provide mental health care for their probationers.

Liz enjoys the flexibility of working in Connections. People who work at community mental health agencies have to be very conscious of "billable hours." They can only bill for specific interactions with clients. At Connections she's been able to do things she wasn't able to do in a mental health agency, like help a family move, accompany a family to the hospital, and attend a play recital. She feels she's better able to help people in her new role.

Liz believes strongly that people are resilient and there's always hope for change. Working in Connections offers her the opportunity to work with the whole family instead of just the youth. One of the advantages of working with families is that she gets more perspectives on what's going on with the youth. She doesn't just hear the youth's side.

One of the challenges has been seeing how tired parents are. By the time kids get to us, they and their families have usually been through a lot. Parents feel like they don't have the strength to try much more. Liz works hard to encourage parents to renew their motivation to stick with the kids. Since she's been here she's seen parents start to take better care of themselves, which is an important step in helping them renew their energy to keep tackling family issues.

Families are defined differently by different people, she explained. It could be grandparents or other extended family members. Having worked with street kids she found that they create their own families. One youth might have three different people to call Mom.

Liz grew up in Canby, Oregon and lived in the Portland area most of her life. She now resides in Battle Ground with her husband of 4 months, Ryon. They met on a blind date during her last week at Community Services Northwest. Liz describes Ryon as amazing and very supportive of her work. They like to take road trips on their Harley. They spent their honeymoon on a road trip to Idaho in June. The photo above was taken there. Liz and Ryon have a blended family. He brought one dog into the family, she brought one dog with her, and they adopted a third dog together. Luna is a rescue pit mix, Riley is a dachshund chow, and Daisy is a pit. Liz likes to do crafts in her spare time. She enjoys sewing, knitting and scrapbooking.

We're very pleased that Liz has joined our department. In addition to her many professional skills, Liz brings a great sense of humor to her work, which enhances her ability to work with staff and families. She's an especially good fit for the team she's on now.



From left to right: Robin Helm, Samantha Forrester, and Carol Uhrig from Eastern Washington University - Vancouver BSW program

EWU Vancouver Social Work Interns

Three Bachelor of Social Work interns from Eastern Washington University Vancouver started working at Clark County Juvenile Justice Center (JJC) in June 2011.

During their first quarter the students explored a variety of opportunities within our department. They observed court proceedings, mentored youth in community service projects, attended staff meetings, interviewed staff, etc. Carol Murch, who supervises the interns, asked each of them to choose a specialty for the remainder of their 15-month internship. Robin Helms is focusing primarily on assisting Jackie Hull with the Aggression Replacement Training (ART) class, Samantha Forrester is involved with the Truancy Project, and Carol Uhrig is working with Ruhi Tufts in the Chemical Dependence Disposition Alternative (CDDA) program.

Carol recently interviewed the interns so the families of the youth involved in Clark County JJC can get to know the people who are working with their kids.

Robin Helm has been working with kids in schools for years, since volunteering in her daughter's preschool classroom. She currently works in the Structured Learning Center at Gaiser

Middle School. Most of the students in her class have a mental health diagnosis and exhibit behavior that interferes with their learning. Many of them have experienced unfortunate events in their lives. She wants to become a social worker so she can work with kids on a deeper level.

Robin got her start in helping people as a Girl Scout in high school. One of the service projects her troop did was to work with students from the Braille Institute in Anaheim, CA. From that experience she learned that what we normally think of as disabilities really aren't disabilities at all. The blind students had strengths she'd never imagined.

When Robin's Girl Scout troop took the kids on backpacking trips in the Sierras, they always chose campsites in meadows near running water. The Girl Scouts walked the kids around the perimeter of the campsites to orient them. At night when it was time to go to the creek to get water, the scouts and their troop leaders scrambled to find their flashlights, but the blind students walked easily to the creek without any problems.

When the troop took the kids on the rock climbing trips, the kids were naturals. They were accustomed to learning through touch, so they felt their way along the rock walls easily. They had no fear of heights since they couldn't see how far up they were.

It was an amazing experience, from which Robin learned not to sell people short. She experienced the *strengths perspective* in real life.

Robin's older daughter, Emily, has a rare medical condition that resembles Muscular Dystrophy. As a mother, Robin wanted to learn all she could about her daughter's condition. She read complicated medical texts on neurology and learning disabilities to figure out how to support Emily.

Robin was involved in a co-op preschool. By chance, there were a couple other children who had special needs, so Robin learned how to work with them, too.

When Emily started public school, Robin volunteered in her classroom. The teachers enlisted Robin's help to work with other students in the class. Eventually she was hired by the school district because of her exceptional abilities working with the students. She has put her skills to good use at JJC, helping kids develop competency for court procedures and adapting ART lessons for students with learning difficulties. She will soon begin teaching Theft Classes in addition to her many other internship roles.

Emily is enrolled in Clark College in the Early Childhood Education program and has a job as a nanny. As a child, Emily was very involved with Shriners' Hospital in Portland. Robin

and Emily plan to volunteer at the hospital when they graduate.

Robin's older daughter, Margie, is a freshman at Central Washington University "having the time of her life."

Robin is an artist who enjoys pottery and poetry and describes herself as a "doodler extraordinaire."

Her husband, Paul, is a retired physical therapist, an author and small business publisher, and teaches anatomy and kinesiology at the Oregon School of Massage.

In her spare time, Robin recently agreed to be the building rep for the Classified Staff's union. They've been working without a contract for the past year, so this is a very busy time for union reps.

Samantha Forrester wanted to work with children with behavior problems. Jodi Kerbs, Ph.D. director of EWU's Vancouver campus, suggested Clark County JJC because JJC would give Samantha a wide variety of experiences. She could work with drug abuse, mental health, truancy issues, and more.

Samantha likes the way we at JJC work with the youth. We don't talk down to kids. We treat them with respect. We talk to them about Balanced and Restorative Justice principles, like giving back to the community, making amends, and how to take steps to make positive changes. If the kids want their freedom, we explain that these are the expectations with which they need to comply. The youth aren't looked at as criminals, but as young people who made mistakes and are capable of changing their behavior.

She noticed that there's a big difference between Juvenile Court and adult court. At Juvenile Court parents can accompany the youth up to the bench and can share information with the judge. The defense attorneys really get involved with the kids. Not so in adult court.

Samantha is British Jamaican. She's been in the United States for 13 years. She experienced quite a culture change when she moved to this

country. She's still getting used to the food and the way people interact here. Samantha lives in Skamania County. "Winters are no fun," she said. Every winter she wishes she could be back in Jamaica.

Samantha worked as a tutor at Clark College when she was working on her Graphics Design degree. She uses her tutoring skills with students in the Truancy Project. She likes finding things that interest the kids as a way to get them more involved in school.

Samantha developed a following when she was a mentor for Restorative Community Service projects. Some of the kids would ask her which project she was going to supervise next and said they'd sign up for those projects. She's very respectful toward the kids and doesn't preach to them. She's learned how to observe the kids to figure out which parts of a project they'd be best able to perform.

Samantha has a 13-year-old son, Andre. She said working at JJC has helped her in her relationship with him. She's learned to focus on the positives and not sweat the small things that she used to worry about. She's learned how to interact with adolescents better. She's noticed that her son is more open to her suggestions than he used to be since she's changed her approach.

Carol Uhrig wanted to become a social worker because she wants to be able to help people out in the community. She didn't like the idea of just meeting people in an office setting. She also has an interest in working on a broader level as well as working with individuals.

As a mentor supervising kids in their Restorative Community Service projects, Carol felt that she was able to really connect with the kids. Spending a day working together helps people bond. She felt that she saw a side of them that they don't usually show to the rest of the world.

She's had the opportunity to see a lot of different programs she didn't know existed in the juvenile system. Since working at JJC she's developed

an interest in working with kids who are using drugs. She can definitely see how drugs and mental health issues are interrelated.

Carol wanted to work with the Juvenile Recovery Court (JRC), but because the classes in the BSW program are held on Friday afternoons, her school schedule conflicts with JRC's schedule. So she chose to work with the CCDA program instead. Observing how Ruhi works with the kids and builds relationships with them has been a good experience.

Carol is participating in the Parent Project, a 10-week parenting class that meets once a week. So far she's learned about the importance of loving your children, establishing boundaries and being proactive rather than reacting to problems after they occur.

Carol's regular job is working with adults at Lower Columbia Mental Health in Longview. A lot of her clients are young adults so they're pretty similar to the teens with whom she works at JJC.

Carol lives in Longview with her husband, Kyle, who is a firefighter, and her two sons, Jayden, 3 and Gavin, 4 months. Carol plays tennis. Her family enjoys camping and kayaking. School takes up a lot of her time right now. She's looking forward to graduating so she can spend more time with her family.



For more information about the EWU Bachelor of Social Work or Master of Social Work programs, contact Jodi Kerbs at 360-992-2082 jkerbs@ewu.edu

Staff Changes Within the Juvenile Justice Center

There've been a lot of changes at JJC recently as new positions opened up and staff have been transferred to fill them.



Chris Simonsmeier, CJC Manager

Christine Simonsmeier began her new position as Consolidated Juvenile Services (CJS) Manager on November 1st. Chris started as an intern with JJC in June 1997 in the Special Intervention Program (SIP). In October 1997 she was hired as a Detention Officer, where she worked for about 18 months. Then she was hired as a Probation Associate in SIP, which she did for another 18 months before becoming a Probation Counselor in September 2000. She also coordinated the Aggression Replacement Training (ART) while with SIP. Chris was involved in the planning for Connections. She was a Probation Counselor in Connections for 2 years before transferring to CJS, where she covered North County and carried a small Special Sex Offender Disposition Alternative (SSODA) caseload. Most recently Chris was the Program Coordinator of the Victim Impact Program, which she has held since 2008.

Tim Oberheide now manages the Legal Secretaries, Records and Intake, as of August 1st. He was formerly the Detention Manager since 2007. Before that he was the Detention Supervisor for 10 years.

Tim has worked at Clark County JJC for nearly 35 years. He started as an intern in February 1977 and was hired as a detention officer in 1980. He worked in CJS for a couple years in the midst of his 17 years as a Probation Counselor in Intake.



Tim Oberheide, manager

When asked what stood out in his mind about working here, Tim said he was the first person to enter a youth into JUVIS system, the statewide electronic juvenile records program. It was a momentous occasion when he entered in 00001. "That girl must be in her 40's by now," he said. "I have no idea who 00002 would have been, but that girl stands out in my mind."

With 35 years of history in mind, Tim commented on how the pendulum has swung in juvenile justice. "We used to lock up kids for skipping school or running away. Then we stopped doing that when the law changed in 1978. Now with the Becca bill, some juvenile courts (not ours) are back to locking them up again."

John Shoemaker replaced Tim as the Detention Manager on August 1st. John has worked for the Juvenile Court since 1990. He started out working in Intake with Tim Oberheide. He had a minor offender caseload and backed up Diagnostic. He took over the Special Sex Offender Disposition Alternative (SSODA) caseload



John Shoemaker, new Detention Manager in 1991 and was promoted to manager of Consolidated Juvenile Services (CJS) in 2006.

John likes to use word pictures and quotes. Among his favorite words of wisdom are: "To err on the side of compassion is not an error." (Paul Kuter, former Probation Manager) and "Challenging behavior occurs when the demands of the environment exceed a kid's capacity to respond adaptively." (Ross Green).

John and his wife, Suzi, and their son Stephan competed in an Ironman triathlon together (2.4 mi swim, 112 mile bike, and 26.2 mile marathon) for John and Suzi's 30th wedding anniversary.

Helpful Websites:

The Substance Abuse and Mental Health Services Administrations (SAMHSA) offers up to date information about addictions and mental health topics on their website, such as the effects of trauma on children, behavioral health needs of people involved in the criminal and juvenile justice systems, prevention and recovery, and much more. The home page includes links to the Suicide Prevention Hotline, Treatment Locator, and the 24-Hour Help Hotline. The site also provides free access to SAMHSA publications that you can print or download. You can log onto their website at: <http://www.samhsa.gov/>